We Claim:

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- 1. A photonic band-gap crystal optical waveguide comprising:
 - a photonic band-gap crystal having a pitch and;
- a defect, including a core, said defect having a boundary that encloses a plane cross section and a length dimension perpendicular to the plane cross section, the defect boundary including a plurality of protrusions.
- 2. The photonic band-gap crystal optical waveguide of claim 1, wherein said defect has a structure such that the mode power fraction confined to said core is not less than 0.6.
- 3. The photonic band-gap crystal optical waveguide of claim 1, wherein said boundary is selected such that the mode power fraction confined to said core is not less than 0.6.
- 4. The photonic band-gap crystal optical waveguide of claim 1, wherein:

 said boundary is being characterized by a numerical value and the numerical
 value is selected so that the wavelength of the localized mode produced by the defect
 propagates in the wavelength range of the photonic band-gap; and
 - the ratio of the numerical value of said defect to the pitch is selected to avoid the excitation of surface modes within the photonic band-gap.
 - 5. The photonic band-gap crystal optical waveguide of claim 1, wherein: said boundary is being characterized by a perpendicular distance from defect center to the nearest point on the boundary, said distance being such that: (i) that the wavelength of the localized mode produced by the defect propagates in the wavelength range of the photonic band-gap; and
 - the ratio of the distance to the pitch is selected to avoid the excitation of surface modes within the photonic band-gap.

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- 6. The photonic band-gap crystal optical waveguide of claim 5, wherein said distance is selected so that the mode power fraction confined to the core is not less than 0.6.
- The photonic band-gap crystal optical waveguide of claim 1, wherein said band-gap crystal optical waveguide is an optical fiber, said plurality of protrusions being a plurality of ribs situated along the core surface; and said boundary is being characterized a numerical value, said numerical value being the distance from core center to the nearest point on one of said ribs.

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8. The photonic band-gap crystal optical waveguide of claim 7, wherein, said core has refractive index lower than the refractive index of material immediately surrounding said core.

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9. The photonic band-gap crystal optical waveguide of claim 1 wherein, said defect has a circular cross section plane with said plurality of ribs protruding from the defect boundary, said boundary is being characterized a numerical value and the numerical value is the radius of the circular cross section measured to the ribs.

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10. The photonic band-gap crystal optical waveguide according to any of the preceding claims, wherein the number of said protrusions is 6xN, where N is a positive integer.

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11. The photonic band-gap crystal optical waveguide of claim 1, wherein said waveguide is single mode waveguide, said defect having a circular cross section with the protruding ribs, said defect boundary is being characterized a the distance from the center of said cross-section to the nearest point on said boundary, and, for a mode power fraction confined to core of not less than 0.6, the ratio of said distance to pitch has a range from about 0.6 to 2.5.

12. The photonic band-gap crystal optical waveguide of claim 11, wherein the mode power fraction confined to said core is not less than 0.75.

5 12. The photonic band-gap crystal optical waveguide of claim 1 wherein, said defect is a core having a hexagonal cross section plane, the mode power fraction confined to said core is not less than 0.6 and the defect boundary being characterized by a numerical value, wherein the numerical value is the length of a line drawn from the center of the hexagonal crossection perpendicular to a side of the hexagon, and,

the ratio of the numerical value to pitch has a range from 0.6 to 2.5.

- 13. The photonic band-gap crystal optical waveguide of claim 12, wherein the mode power fraction confined to said core is not less than 0.75.
- 14. The photonic crystal optical band-gap waveguide comprising: photonic band-gap crystal having a pitch; and a defect, including a core, said defect having a boundary that encloses a plane cross section and a length dimension perpendicular to the plane cross section, the defect boundary (i) including a plurality of protrusions and (ii) being characterized by at least one numerical value, wherein said numerical value is measured from defect center to the closest point on said boundary.

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- 15. The photonic band-gap crystal optical waveguide of claim 14, wherein the mode power fraction confined to said core is not less than 0.6.
- 16. The photonic band-gap crystal optical waveguide to claim 14, wherein the number of said protrusions is 6xN, where N is a positive integer.